

# Daily Word



A UNITY PUBLICATION  
AUGUST 1952

# Class Thoughts

**PEACE . . .** In the name of the Lord Jesus Christ we pray for and decree a permanent peace, uniting all the nations of the earth in a league of justice and righteousness, in which the life, liberty, and love of God shall be paramount.

**PRAYER FOR WORLD LEADERS:** Through the Christ Mind you are unified in thought, purpose, understanding, and right action for the good of all mankind.

JULY 20 to AUG. 19

**ILLUMINATION (11 a.m.):**  
The Christ radiance bursts forth as the morning, and I am divinely directed in all that I do.

**PROSPERITY (12 noon):**  
Zeal for Spirit substance assures my prosperity in both mind and affairs.

**HEALING (9 p.m.):** The zeal that works in Christ restores perfect action in mind and body, and health is established forever.

AUG. 20 to SEPT. 19

**ILLUMINATION (11 a.m.):** In the name of Jesus Christ, I affirm divine illumination and I am daily blessed with new ideas.

**PROSPERITY (12 noon):**  
I bear witness to the decrease of every thought of lack, and to the increase of the all-sufficiency in Christ.

**HEALING (9 p.m.):** I bear witness to the decrease of every thought of illness, that Christ may increase and make me whole.

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# DAILY WORD

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## DAILY LESSONS FOR AUGUST

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## *Agree with Thine Adversary Quickly*

MARTHA SMOCK

*Agree with thine adversary quickly, while thou art with him in the way; lest haply the adversary deliver thee to the judge, and the judge deliver thee to the officer, and thou be cast into prison.*  
—Matt. 5:25.

HAVE YOU ever wondered about these words of Jesus? On the surface they seem difficult to understand, and even more difficult to put into practice. But interpreted in a new light they take on new meaning, and we are able to see how they apply to us.

The reason we do not agree with our adversary quickly is that usually we do not recognize who or what our adversary is. We think, "Why, I do not have an enemy in the world," but still we feel in bondage to sickness, to unhappiness, to feelings of regret or bitterness. Have we not often said about someone, "He is his own worst enemy"? Have we not thought many times, "If only I could get myself out of the way, I should be able to handle this"? Our enemy is not in the world but in our inner thought about ourselves.

To agree with our adversary does not mean to admit defeat, to give in to sickness or poverty, to accept unhappiness as our lot, but it means to make peace with ourselves, to let go of the negative thoughts and feelings that seem to keep us in inner conflict.

We cannot remain antagonistic to a person with whom we have found a point of agreement. Even as it is always possible to find some point of agreement with other persons if we sincerely want to, so is it possible to find some point of agreement with the thoughts and feelings that are our adversaries.

For example, our adversary may be a feeling of inferiority. Everything we think or do may be affected by this adversary, who has cast us into a prison that is no less miserable because it is of our own making. To agree with a feeling of inferiority is to recognize what it is trying to tell us. No one feels inferior who does not have potential abilities and talents.

No one feels inferior who does not know in his own heart that he is only half expressing the power that is in him. So to agree with our adversary, if it is a feeling of inferiority, is to agree that our present expression does not begin to measure up to our possibilities, to agree that there is a divine self in us that is capable of greatness.

We cannot remain in bondage to feelings of inferiority when we think of ourselves as spiritual beings, when we realize that the very substance out of which we are formed is God substance, that we have the same Spirit in us that was in Jesus Christ. We no longer quarrel with ourselves as to why we do not express ourselves better. We begin to think and act from the standpoint of Spirit.

Suppose our adversary is unforgiveness. We cannot forgive and forget some wrong that has been done us. Until we agree with our adversary, until we forgive ourselves for our unforgiveness we are in a prison of unhappiness and oftentimes of sickness.

When Jesus answered Peter's question, "Lord, how oft shall my brother sin against me, and I forgive him? until seven times?" by saying, "I say not unto thee, Until seven times; but, Until seventy times seven," He gave a law of self-preservation. It is so true that we hardly need to be reminded that an unforgiving spirit hurts us far more than it does the other person. To agree with the adversary of unforgiveness quickly is, first of all, to forgive ourselves for our unforgiveness. It has been said that to forgive is to give for. What have we to give for unforgiveness? We have love, the love of God. Even when it seems

difficult for us to forgive we know that it is never difficult for God to forgive, for God is love. God is in us; His love is within us, waiting to be expressed. When we affirm that God's love heals us and sets us free from unforgiving thoughts, when we are able to send out thoughts of love and forgiveness to everyone and everything, our adversary is vanquished.

There are those whose adversary is an intolerant spirit, even though they may think that their adversary is the person or condition they are intolerant of. How are we to agree with intolerance in ourselves? Like the feeling of inferiority, this feeling of intolerance tells us something about ourselves. No one can be intolerant who is not a perfectionist at heart. He is intolerant because persons or things do not measure up to his idea of perfection. To agree with this idea of intolerance, so that he may be loosed from its bonds, he needs to know the truth that perfection is inherent in everyone and everything, even though that perfection is not manifested. He may not be able to approve of the things he sees or hears, but he can approve of the innate perfection that underlies appearances.

When we look at things from the spiritual standpoint the intolerance that has hampered our thinking, that has kept us from loving and ap-

preciating ourselves and others looses its hold on us. Our adversary of intolerance is transformed into a friend called "Faith."

If our adversary is criticism or condemnation, we may feel that the adversary is surely the person who criticizes us or condemns us. But the adversary that shuts us away from happiness and peace of mind is not the other person, no matter how unjust or unfair his criticism. The adversary is our own acceptance of what he says or does and our unhappy reaction to it. One way to agree with such an adversary is to take the stand that "none of these things move me," to know that what others think or say about us cannot affect us or hurt us so long as we keep our inner peace, our inner poise, our feeling of faith in God. When gossip reaches our ears, when someone has said something unkind about us we shall have conquered our real foe when we have conquered the spirit in us that would do battle, when we can say within ourselves: "Peace, be still, all is well. God is with me, God is with us all, and love is mightier than anyone or anything that would try to hurt or destroy."

When you learn to agree with your adversary quickly you will even find yourself blessing your adversary, for that which has seemed an adversary can point the way to our greatest overcomings.



## *In Quest of Truth*

*Question:* It is not altogether easy to overthrow all beliefs in which I have been brought up. For instance, we were taught that Jesus Christ died for our sins. Will you kindly explain to me how you interpret the forgiveness of sins through Jesus Christ?

*Answer:* We have been taught by the church that Jesus died for us—as an atonement for our sins. By human sense this belief has been materialized into a flesh-and-blood process, in which the death of the body on the cross played the important part. . . . At the root of the church's teaching is Truth; Jesus of Nazareth played an important part in opening the way for every one of us into the Father's kingdom. However, that way was not through His death on the cross, but through His overcoming death. "I am the resurrection, and the life."

To comprehend the atonement requires a deeper insight into creative processes than the average man and the average woman have attained; not because they lack the ability to understand, but because they have submerged their thinking power in a grosser thought stratum. So only those who study Being from the standpoint of pure mind can ever understand the atonement and the

part that Jesus played in opening the way for humanity into the glory which was theirs before the world was formed. . . .

We can readily see how a whole race might be caught in the meshes of its own thought emanations and, through this drowsy ignorance of the man ego, remain there throughout eternity, unless a break were made in the structure and the light of a higher way let in. This is exactly what has happened to our race. In our journey back to the Father's house we became lost in our own thought emanations, and Jesus Christ broke through the crystallized thought strata and opened the way for all those who will follow Him.

By so doing He made a connection between our state of consciousness and the more interior one of the Father. He united them—made them a unit—a one, hence the at-one-ment or atonement through Him. He stands ready to pass over all who will accept His way. That which died upon the cross was the consciousness of all mortal beliefs that hold us in bondage—such as sin, evil, sickness, fleshly lusts, and death—which He overcame. "I have overcome the world." The "overcoming" by Jesus made a great rent in the sense consciousness, and opened a way by which all who desire may demonstrate easily and quickly.

—*Jesus Christ's Atonement; Charles Fillmore.*

## *To Every Daily Word Reader*

WE CANNOT impress it upon you strongly enough that your prayers and your faith are important in bringing about order, justice, and peace in national and international affairs.

In Isaiah we read: "The voice of one saying, Cry, And one said, What shall I cry? All flesh is grass, and all the goodliness thereof is as the flower of the fields." This is the negative and despairing answer of the world to confusion and trouble, to internal disruption, to labor-management disputes, to political corruption, to war, to betrayal of ideals.

"Cry . . . What shall I cry?" Isaiah also gives us the answer of faith: "O thou that tellest good tidings to Zion, get thee up on a high mountain; O thou that tellest good tidings . . . lift up thy voice with strength; lift it up, be not afraid; say unto the cities . . . Behold, your God! Behold, the Lord Jehovah . . . Behold, his reward is with him and his recompense before him."

Every day in Silent Unity we pray for world leaders, for world conditions and we know that you are praying with us, that with faith you are saying to every person or situation in need of guidance, "Behold, your God!"

## Friday

AUGUST 1

IN QUIETNESS AND IN CONFIDENCE SHALL BE  
MY STRENGTH.

**B**E STILL. "In quietness and in confidence shall be your strength." Do not rehearse over and over the things that are wrong, do not try to reason or justify or place the blame either on yourself or on others. Be still. "In quietness and in confidence shall be your strength."

It may not seem easy to be still, but even a small effort of the will finds reinforcement from the Spirit within, which is peace itself. Say to yourself, "I will be still, I will be calm, I will be peaceful." Then relax and let God take over. "In quietness and in confidence shall be your strength."

There is strength for your body, there is strength for your heart, there is strength for your emotions. Only be still. Be still. God is in charge. He is the life of your body, the peace of your soul, the strength of your heart, the power of your mind.

"In quietness and in confidence shall be your strength."

✱ *In returning and rest shall ye be saved; in quietness and in confidence shall be your strength.—ISA. 30:15.*

AUGUST 2

## Saturday

MY MIND, SOUL, AND BODY ARE SUSTAINED  
AND RENEWED BY THE LIFE OF GOD WITHIN  
ME.

**T**HE SOURCE of my life is God within me. The life that animates my mind, soul, and body flows into my being from the Spirit of God. This life is a renewing, healing, and sustaining life. It keeps me strong, whole, vitally alive, and alert.

I acknowledge this divine life within me. I keep my attention fixed on the realization that God is my life. As I keep my consciousness open to God's life, I feel its healing, renewing currents. It flows into my mind as youthful, progressive, and inspired ideas. It flows into my soul as peace, strength, and power. It flows into my body as renewed energy and vitality.

If there are appearances of lack or weakness in any department of my being, I have no fear; nor do I accept these appearances as final or true. My life is not physical, it is spiritual. I turn my attention to the divine life within and open myself to its healing.

✿ *They that wait for Jehovah shall renew their strength.*  
—ISA. 40:31.

# Sunday

AUGUST 3

I YIELD MY HEART TO GOD'S UNDERSTANDING AND PEACE.

THERE ARE times in everyone's experience when nothing he can say to himself nor anything another can say to him will fill the void in his heart. There seems to be no answer in human thought that will ease the aching heart or satisfy the questioning mind.

At a time like this, do not search for meanings. Do not brood on what might have been. Do not cry out in defiance. Take the direct and merciful way to heart healing. Lean back upon the everlasting arms of God. Surrender yourself to His love. Rather than reaching out for understanding, let Him give you understanding.

Until a heart yields itself to God for healing, it does not know the responsive presence ever with it. It does not know the unfailing strength and comfort of the Everlasting Arms. It takes the yielding of the heart to bring the heart-resurrecting knowledge that those who love one another are forever one in that love; that life is an eternal journey; that no one is ever alone upon that journey.

☛ *Underneath are the everlasting arms.*—DEUT. 33:27.

AUGUST 4

## Monday

I HAVE UNBOUNDED FAITH IN GOD AS MY ALL-PROVIDING RESOURCE, AND MY PROSPERITY IS ASSURED.

CHARLES FILLMORE says: "God is the source of a mighty stream of substance, and you are a tributary of that stream, a channel of expression. Blessing the substance increases its flow. If your money supply is low or your purse seems empty, take it in your hands and bless it. See it filled with the living substance ready to become manifest. As you prepare your meals bless the food with the thought of spiritual substance. When you dress, bless your garments and realize that you are being constantly clothed with God's substance. Do not center your thought upon yourself, your interests, your gains or losses, but realize the universal nature of substance. The more conscious you become of the presence of the living substance the more it will manifest itself for you and the richer will be the common good of all. . . .

"Identify yourself with substance . . . and rejoice in the ever-present bounty of God."

♣ *I . . . cause those that love me to inherit substance.*  
—PROV. 8:21.

## Tuesday

AUGUST 3

I ACCEPT THE RESPONSIBILITY OF FULFILLING MY OWN SPECIAL PLACE IN GOD'S WORLD.

EVERY PERSON has a responsibility to himself and to others. This responsibility is to fill his own place with confidence and helpfulness. Some of us develop a sense of inferiority because of an unhappy early environment or unfortunate experiences. We feel that other persons are more interesting, more attractive, more capable than we. Feeling this, we withdraw and suffer within ourselves.

Every person has a place that is his and no one else's. Every person has certain attributes of personality, certain gifts, skills, and talents, certain spiritual qualifications that are needed and should be given.

If you are a person who has withdrawn and suffered because of a feeling of inferiority, resolve to accept your place. Accept your responsibility to yourself and others. Work through prayer to discover the abundant and overflowing resources that God has given you. You will be rewarded with confidence and joy in living.

✿ *Cast not away therefore your confidence.*—HEB. 10:35 (A.V.).



AUGUST 6

## Wednesday

I AM AT PEACE CONCERNING MYSELF AND MY AFFAIRS, FOR I TRUST GOD TO ESTABLISH HARMONY IN MY WORLD.

**D**O YOU ever feel that your life is one continuous round of activities? Does it seem that confusion and disorder have taken possession of your world? If this is so, it may be that you have been too busy trying to do too many things at once. Perhaps you need to take time right now to affirm peace in your world and to let God's harmony prevail in all the things that concern you.

Regardless of how busy you are, regardless of the number of things that await your attention, you can take time to affirm and recognize God's presence in your life.

The peace of God abides within you. As you learn to depend on Him, you will be sustained by His presence, you will find that you are able to do all that is required of you in an orderly and efficient way, without stress or strain. Your harmonious state of mind will radiate a blessing to others.

\* *Acquaint now thyself with him, and be at peace.*—JOB 22:21.

# Thursday

AUGUST 7

THE LIGHT OF CHRIST INSPIRES ME, AND I AM  
DIVINELY DIRECTED IN ALL MY DECISIONS  
AND ACTIONS.

THE LIGHT of Christ is accessible to every person through prayer. When we turn within and seek His help and guidance we can be sure of His divine direction.

Whatever problems may confront us, no matter how large or small they may be, we find that the perfect answer is revealed to us as we turn to Him and seek His help through prayer, as we become open and receptive to His light and guidance.

We need not feel confused when we have some decision to make; we need not move in uncertainty; for we have the light of Christ within and we need only to turn to Him to have our way made clear and bright before us.

When we have some decision to make we can immediately receive the guidance and inspiration we need by turning to our indwelling Christ light and affirming our oneness with divine intelligence.

*In all thy ways acknowledge him,  
And he will direct thy paths.*

—PROV. 3:6.

AUGUST 8

Friday

GOD HAS HAPPINESS FOR ME. I LET HIS VISION  
GUIDE ME.

WHEN WE release to God our need for a particular kind of companionship, for a more congenial way of life, we release ourselves from the sense of frustration that is the result of expecting persons and circumstances to change, to be what we want them to be. When we are frustrated in a situation, we should not ask that other persons be different than they are, but we should ask for a truer perspective for ourselves, so that we may claim our own happiness.

If you are unhappy about some relationship or situation, let go of the specifications you have drawn up in your mind as to how you want things to be and turn to the Spirit of wisdom and love abiding in your heart for new vision. In the light of the broader and deeper vision you receive you will, with certainty, discover that God has happiness for you and that His wise and loving Spirit is guiding you to recognize it and claim it.

*Happy is the man that findeth wisdom,  
And the man that getteth understanding.*

—PROV. 3:13.

## Saturday

AUGUST 9

I LOOK BEYOND ALL APPEARANCES TO THE SPIRIT OF DIVINE WHOLENESS.

WITHIN and beyond every outer appearance there is an inner pattern of divine perfection. I never lose sight of this perfection. No matter what object or appearance comes before my eyes, I train myself to keep my inner eye upon the presence of infinite Spirit within and beyond.

In the presence of sickness I keep my attention on the Spirit of health. In the presence of inharmony I keep my vision on the Spirit of infinite peace. When irritation and cross words fill the atmosphere I affirm the Spirit of love. When temptation to fear or tremble rises in me I place my faith in the Spirit of divine courage. In the face of lack I declare the presence of prosperity; in the face of death I affirm the presence of eternal life. As I read the newspapers and hear reports about world conditions, I keep my thoughts upon the divine Spirit in the heart of every person and every condition.

No matter what my senses report, my faith is stayed on God.

✱ *Judge not according to appearance.*—JOHN 7:24.

AUGUST 10

## Sunday

I AM FREE WITH THE FREEDOM OF SPIRIT.

**S**PIRIT is the underlying essence of all creation. Spirit is perfect, free, eternal. The truth about me is that I am Spirit, that I am free with the freedom of Spirit.

When the demands of other persons make me feel that I am not free to choose my own way I do not allow resistance or resentment to overcome me. I remember that I am free with the freedom of Spirit.

When the habits I have developed conflict with the vision I have of what I want to be and do, I assert the mastery that is mine. I remember that I am the master. I remember that I am free with the freedom of Spirit.

As I affirm the freedom that is mine in Spirit, the frustrations and anxieties that have limited my thoughts and actions give way before the enlightening, assuring power of Spirit.

I know that I am not bound or limited by any person or condition. I accept the freedom that is mine in Spirit. I meet life with faith, with courage, with understanding.

• *Ye shall know the truth, and the truth shall make you free.*—JOHN 8:32.

# Monday

AUGUST 11

THE CHRIST WITHIN REVEALS THE FATHER  
TO ME.

**Y**OU MAY think that there is one specific thing you want more than all else and that having it will make you supremely happy. It may be health, prosperity, some change of circumstance, or someone's love. "If I had this," you may say, "all would be well. It is my greatest desire."

But is it? Is the thing you want big enough to satisfy you forever? Will it give you inner harmony, peace, a sense of serene well-being? These come only from God and are yours now as His free gift. All that you desire in your inmost being is yours for the taking.

As you refuse to place your faith in anyone or anything but God, as you refuse to think of problems and difficulties as having any great importance and know that God is the answer to every problem, the supply for every needed good will be brought forth in your life and affairs. Your life will be transformed.

*Open thou mine eyes, that I may behold  
Wondrous things out of thy law.*

—PSALMS 119:18.

AUGUST 12

## Tuesday

I INHERIT A GOOD DISPOSITION FROM GOD, MY FATHER, FOR HE IS LOVE, AND I AM CREATED IN HIS IMAGE AND LIKENESS.

IT MAY seem that some persons have been blessed with especially good dispositions, but all of us inherit from God, our Father, the qualities that go into creating a good disposition.

Rather than thinking that we cannot help our dispositions, rather than thinking that we inherited them humanly, let us think of ourselves as inheriting a good disposition from God.

It is not difficult for us, as children of God, to be loving, forbearing, patient, kindhearted, understanding. It is not difficult for us, as children of God, to control our tempers, to rise above impulses to be angry or unkind.

To affirm for ourselves that we inherit a good disposition from God, our Father, can have a transforming effect on us. To affirm this for others can be a blessing to them, for to see a person as a child of God, filled with His Spirit of love rather than as a cross, ill-tempered human being can help him to have a new picture of himself.

• *Love suffereth long, and is kind.*—I COR. 13:4.

# Wednesday

AUGUST 13

I DO UNTO OTHERS AS I WOULD HAVE THEM  
DO UNTO ME.

**W**HAT would I have others do unto me?  
I would have others understand my  
need, but not try to live my life for me.  
I will remember this in helping others.

I would have others recognize my inner powers  
for confident living, encourage me, but not direct  
or criticize me. I will remember this in helping  
others.

I would have others share their knowledge  
with me, but not make me feel inferior to them.  
I will remember this in helping others.

I would have others love me and bless me and  
help me when I am unable to help myself, but  
not to the point that they grow tense and resent-  
ful. I will remember this in helping others.

I would have others have confidence in me  
and inspire me to be my strongest, most success-  
ful self, but not be disappointed or hurt if I do  
not always measure up to their high vision. I will  
remember this in helping others.

♣ *All things therefore whatsoever ye would that men  
should do unto you, even so do ye also unto them.*  
—MATT. 7:12.



AUGUST 14

## Thursday

I HAVE UNWAVERING FAITH IN GOD'S HEALING LIFE.

ALL OF US stand witness to the healing nature of life. We see the innate restoring properties of life at work everywhere. Being a witness, why do we believe that some diseases are incurable?

The creative life that performs the miracle of creation, of growth in all living things is the same life that nourishes, sustains, and heals your body. In the face of anything you are told about disease, remember that man does not have all knowledge. Remember that there are potentialities in the life of your body that neither you nor anyone else can measure or fully anticipate.

Have faith in the untapped potentialities of this life and never allow yourself to accept the concept of an incurable disease.

For yourself or for anyone in need of healing affirm that the healing, renewing life of God is greater than any appearance of disease. Remind yourself of this truth by repeating, "I have unwavering faith in God's healing life."

✿ *If we receive the witness of men, the witness of God is greater.—I JOHN 5:9.*

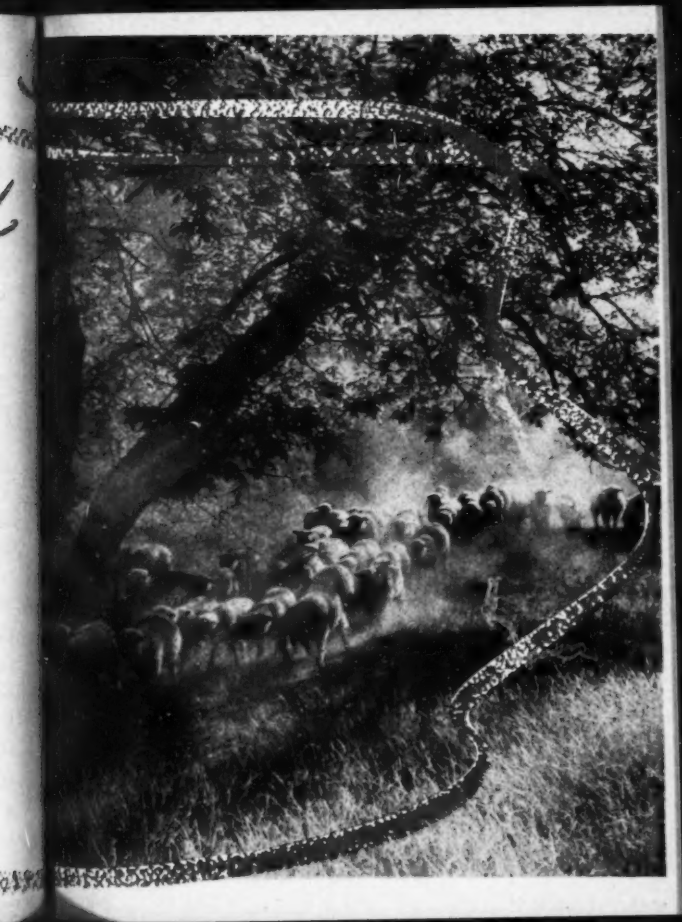
# The Shepherd

JAMES DILLET FREEMAN

Shepherd of hearts, we are Your sheep.  
Ah, Christ, what meadows are as fair  
As faith? What waters run as deep  
As the still spirit given to prayer?

Upon the lilies of Your love  
Our hungering hearts are daily fed,  
And nightly in the pastures of  
Compassion You prepare our bed.

Even the tiger in the breast,  
That has no terror of the rod,  
Subdued by love lies down to rest  
With the forgiving lamb of God.



## Friday

AUGUST 15

GOD IN THE MIDST OF ME IS A LOVING, COMFORTING PRESENCE. I AM MOMENTLY SUSTAINED BY MY REALIZATION OF HIS PRESENCE WITHIN ME.

**I**N TIMES of sorrow and sadness we need to remember that God is in the midst of us, that we need not bear anything alone. When we turn within to His presence we find the strength and courage we need, we are helped to meet every experience with faith and courage.

Even though we may feel overwhelmed by grief,

“Weeping may tarry for the night,  
But joy *cometh* in the morning.”

God's loving, comforting presence is within us, giving us the courage to go on, giving us the vision to see beyond darkness and sadness to the light. His presence abides within us and brings comfort to our hearts and peace to our minds. When we turn to God we find rest. His peace and strength are ours for the asking. He is with us always, sustaining us and blessing us.

✿ *And I will pray the Father, and he shall give you another Comforter, that he may abide with you for ever.*—JOHN 14:16.

AUGUST 16

## Saturday

THIS DAY I RECOGNIZE THE INNATE FREEDOM OF EVERY LIVING SOUL.

**T**HIS day I recognize the innate freedom of every living soul. I let go of every tendency to be possessive in my love. I do not intrude upon another person's rights as an individual. I remind myself that all persons belong to God. Each one is responsible only to his indwelling Spirit, and I do not have to assume the responsibility of living another's life for him. God knows what is for his highest good and the path best suited for his soul development. Even those who are closest to me—wife, husband, child, sister, brother, friend, mother, or father—even they owe first allegiance to God, who is their indwelling life.

I recognize that God has blessed me with dear ones in order that my life may be enriched with mutually shared joys, interests, and challenges and to teach me to give others the same freedom of expression that I desire for myself.

This day I recognize the innate freedom of every living soul.

✱ *Jesus saith unto them, Loose him, and let him go.*  
—JOHN 11:44.

## I PLACE MY FAITH IN THE GOODNESS OF GOD AND MY FELLOW MAN.

A SUSPICIOUS nature can become habitual. If we allow ourselves to fall into such a habit, we find it difficult to trust or even feel kindly toward anyone or anything.

Like any other habit, there is only one way to get rid of the habit of suspicion, and that is to break it. We break the habit by consciously wanting to do so and then by conscientiously watching our thoughts and putting out an unwelcome sign to the suspicious, mistrustful ones.

For instance, if you happen to see two persons talking together and they glance your way, do you ever suspect that they are talking about you? Do not welcome such a thought. Rather than letting it stay in your mind, give your attention to something else. If the thought persists, say to yourself: "What if they were talking about me? It was probably something good!"

We have the love and the intelligence of God within us, which are greater than little nagging, suspicious thoughts. As we place our faith in God, we are set free.

• *What is that to thee? follow thou me.*—JOHN 21:22.

AUGUST 18

## Monday

WE HAVE FAITH IN GOD'S SPIRIT WITHIN YOU. WE HAVE FAITH IN YOUR POWER TO SUCCEED.

**W**E ARE your friends. We affirm upliftment if you are depressed; we encourage you to try again if you are discouraged; we assure you of God's love and abiding presence; we would inspire you to believe in health not sickness; in abundance, not lack.

We say to you: There is far more to you than you have ever perceived or believed. Think of yourself as beloved of God, as filled with power and wisdom, as able to change your life through prayer and faith.

Do not allow yourself to feel regretful over the past or fearful of the future. You have gained knowledge from your experiences. You have within you life-giving resources. Let your mind be filled with courage and your heart be filled with love and faith as you meet the problems of everyday living.

We are your friends. We have faith in God's Spirit within you. We have faith in your power to succeed.

✱ *I have called you friends.*—JOHN 15:15.

## Tuesday

AUGUST 19

THERE IS BUT ONE POWER IN THE UNIVERSE.  
I USE THIS POWER FOR GOOD.

**B**ECAUSE we see two effects in the world, harmony and inharmony, we may think that there are two powers at work—one good, the other evil. The mind is wonderfully stabilized when it recognizes that there is but one power and that this power can be used to create harmony.

Do you see how this knowledge gives you the ability to determine the character of your life? Once you realize that it is the nature of your thought that forms your life pattern you have a place at which to begin to alter the conditions both in your inner world and your outer world.

Examine the concepts of your mind and the motives of your heart and attune them to what is universally good. Replace fear and resistance with love and faith. Think more of giving than of receiving. Think of living and expressing, not of withdrawing or retrogressing. Think of expanding your world, not of restricting it. The one power, God, will fulfill the pattern you design in your thought.

♣ *Be ye transformed.*—ROM. 12:2.



## Wednesday

IN THE NAME OF JESUS CHRIST, I AFFIRM DIVINE ILLUMINATION AND I AM DAILY BLESSED WITH NEW IDEAS.—UNITY ILLUMINATION THOUGHT.

WHEN WE pray in the name of Jesus Christ we imbue our prayers with the power of His Spirit, which is mighty to illumine, to heal, to prosper.

In our daily ongoing, no matter what our particular endeavors may be or what goal we may have in mind, we find that our progress is surer, our way is made easier when we have the help of divine illumination through Christ. Without this illumination we tend to go along in the same old rut. But if each morning on waking we pray for divine illumination in the name of Jesus Christ, His loving and compassionate Spirit will touch our spirit with light, and we shall find ourselves blessed with an abundance of new ideas. These new ideas will make our work lighter and easier, our progress more rapid, our eventual success certain.

✿ *I am the way, and the truth, and the life . . . If ye shall ask anything in my name, that will I do.*—JOHN 14:6, 14.

# Thursday

AUGUST 21

I BEAR WITNESS TO THE DECREASE OF EVERY THOUGHT OF LACK, AND TO THE INCREASE OF THE ALL-SUFFICIENCY IN CHRIST.—UNITY PROSPERITY THOUGHT.

WHEN WE are called upon to give testimony in a legal action we are required to tell the "truth, the whole truth, and nothing but the truth." Man-made law expects us to bear witness to the truth, as we should always do if we are honest, sincere, just, and loving. No less does God expect us to bear witness to Truth, His law of unfailing goodness.

In our study of Truth we learn that only the good is true; that whatever appears to be opposed to the good must and will pass away, and only the good will endure forever. We learn also that God is the creator of infinite substance; that poverty or lack is the result of ignorance or misuse of His law and, hence, is opposed to Truth. If we are to bear true witness, as God expects us to do, we must cast out every thought of lack or insufficiency so that the all-sufficiency of God may increase in us and for us.

✿ *The Father loveth the Son, and hath given all things into his hand.*—JOHN 3:35.

AUGUST 22

*Friday*

I BEAR WITNESS TO THE DECREASE OF EVERY THOUGHT OF ILLNESS, THAT CHRIST MAY INCREASE AND MAKE ME WHOLE.—UNITY HEALING THOUGHT.

GOD IS the creator of infinite substance and He is also the creator of infinite life. This divine life is capable of perfect expression in mind and body.

We may wonder how we can bear witness to the decrease of every thought of illness. If we examine our thinking we may find that we are thinking of illness or imperfection as being real and permanent. When we deny the reality of disease and affirm the presence of God's life and power we are bearing witness to the decrease of every thought of illness.

The way to perfect restoration, to perfect expression of the health that is innate in us is through bearing witness to thoughts of vitality, strength, health, joy, and love. As we affirm that which is perfect, the imperfect decreases and Christ increases and makes us whole.

\* *For as the Father raiseth the dead and giveth them life, even so the Son also giveth life to whom he will.*  
—JOHN 5:21.

# Saturday

AUGUST 23

I PLACE MY FAITH IN GOD, AND I KNOW  
THAT HIS LAW OF PERFECT JUSTICE IS FUL-  
FILLED IN MY LIFE AND AFFAIRS.

**I**F THERE is some evidence of injustice in our lives, it is often difficult for us to believe that divine justice is at work, that God's good will prevail. The human feelings in us tempt us to take things in our own hands and to try to work things out in our own way. But before we take any action we should turn to God, seek His guidance and help, and let Him reveal to us the way of divine justice.

We work in harmony with God and His law of justice by dealing fairly with others, by considering their rights and privileges as well as our own. When we do this we usually find that even what seems a particularly difficult situation can be worked out to the satisfaction of all.

Divine justice rules in our world as we place our faith in God and let His love, understanding, wisdom, and fairness guide our thoughts and actions.

*Teach me good judgment and knowledge;  
For I have believed in thy commandments.*

—PSALMS 119:66.

AUGUST 24

## Sunday

I LET THE WISDOM OF GOD GUIDE ME IN ALL  
MY WAYS.

**T**ODAY I let the Spirit of God within me guide me in all my ways. I declare and affirm that the wisdom of God is guiding me in my spiritual unfoldment. God is guiding me to the perfect books and teachers for me. God is guiding me in my eating habits. Through His indwelling Spirit I am prompted to eat only those foods that are for my highest good. I ask for guidance in these matters and expectantly listen for help from within and without.

God is guiding me in matters of proper exercise, and His wisdom is revealing to me how to keep my body strong and healthy. The Spirit of God is revealing to me how to speak correctly, how to breathe properly, how to care for my body efficiently. My whole being is under the loving jurisdiction of my indwelling Father. He who created me also guides me in the way that I should go. I open myself willingly to His divine instructions as they come to me from Spirit.

*In all thy ways acknowledge him,  
And he will direct thy paths.*

—PROV. 3:6.

# Monday

AUGUST 25

THE KINGDOM OF GOD IS WITHIN ME.

“**T**HE kingdom of God is within you,” said Jesus. There was no qualification placed upon these words, limiting them to a few important people. His statement was broad and far-reaching in scope and it includes you. Wherever you are, whoever you are, you are important to God and you are loved by God. God is within your heart and mind, awaiting your acceptance through faith, because “the kingdom of God is within you.”

When you open your eyes in the morning say to yourself, “The kingdom of God is within me.” Then relax and rest and pray, repeating the words, “The kingdom of God is within me,” until your heart and mind really accept this truth.

Bless your family, your friends, and those who enter your thought or life with the realization, “The kingdom of God is within you.”

God loves to bestow His blessings on His children. As you believe and have faith that His kingdom is within you, you will be richly blessed.

✠ *Come, ye blessed of my Father, inherit the kingdom prepared for you from the foundation of the world.*  
—MATT. 25:34.

"I BEHOLD THE CHRIST IN YOU;  
I CAN SEE YOU WHOLE AND FREE."

IS THERE someone you should like to help with this freeing, healing thought today? As you affirm "I behold the Christ in you" give thanks that no word of Truth goes forth in vain, but accomplishes the good whereunto it is sent.

"I behold the Christ in you . . .

I can see you whole and free."

Let us see the one we would bless as whole in mind and body and free from all error now. Let us refuse to see negation of any kind.

This is divine seeing, divine knowing, and it has power to bless.

To see the Christ in another is a joyous, uplifting experience, for it blesses us and blesses the one upon whom our prayers rest.

"I behold the Christ in you. . .

I can see you whole and free."

We unite our prayers to bless all people and we see them whole and well, satisfied and free. We know that there is a divine Spirit in every man that is greater than any limitation, that is mightier than circumstance.

• *The truth shall make you free.*—JOHN 8:32.

# Wednesday

AUGUST 27

"THE FRIENDS I SEEK ARE SEEKING ME."

THERE IS a law of mutual attraction. Our consciousness automatically draws to us the particular persons from whom we can receive a blessing and to whom we can give a blessing. We do not have to search frantically for friendship, we do not have to fear that we shall lose our friends. As we develop the attitude that "the friends I seek are seeking me" and trust the Spirit of God to establish the relations that our soul requires, His Spirit will draw our own to us.

As we keep our mind on Spirit and believe that He, in His wisdom, brings us the experiences in life that bless us and help us to grow, we shall never feel lonely or neglected.

However, even as we need to trust God, we need also to do all we can to improve ourselves, we need to try to be the kind of friend we should like to have. As we lose ourselves in being friendly to all, in being kind and understanding, we shall be blessed with happy friendships and enriching experiences.

✱ *No man can come to me, except the Father . . . draw him.*—JOHN 6:44.



*Thursday*

I LIVE EACH DAY WITH A SENSE OF GREATNESS AND PURPOSE IN MY HEART.

**I**T DOES not matter what your daily tasks are, it does not matter what your place in life is; you are important, you have something important to give to the world. You are a special creation. Believe this. Never forget it.

As you live and work each day with a sense of greatness and purpose in your heart, everyday affairs take on a glory and a radiance. Even routine work is glorified by the one who does it with the feeling in his heart that "my Father worketh even until now, and I work."

If you are not doing the thing your heart longs to do, if you are not using your talents and abilities in a way you know that you are capable of, do not be impatient but know that everything you do, even that which seems menial or routine, is helping to prepare you for a larger way of life.

Even if your life seems restricted, think largely. Think of yourself as living for God, as working for God, as being one with God. Live each day with a sense of greatness and purpose in your heart.

• *A man's gift maketh room for him.*—PROV. 18:16.

## Friday

AUGUST 29

"BE STILL, AND KNOW THAT I AM GOD."

**R**ELAX, MY child, and know that I within you am God. Release your hold on outer things. Lovingly let go of all thought of personalities, problems, plans and give your full attention to My healing and harmonizing Spirit within you.

Know that My everlasting arms infold you and sustain you.

Surrender! Let go! Relax!

Come unto Me within your soul, and I will give you rest, peace, health, life, strength, and joy. I am the answer to your every need. I am the solution to your every problem. My Spirit in you can heal every disease, calm every fear, and adjust every inharmony.

Nothing is impossible to Me. So come, My child. Place yourself and all your affairs, your dear ones, the past, the future lovingly in My healing care. Know that My Spirit is now working in you and through you to bring forth that which is for your highest good.

*Be still, and know that I am God:  
I will be exalted among the nations.*

—PSALMS 46:10.

I AM A HAPPY, HARMONIOUS CHILD OF GOD.

**I**F YOU are critical and faultfinding and have difficulty in getting along with people, the first step in overcoming this is to renew your mind. "Be ye transformed by the renewing of your mind."

You transform yourself into the kind of person you want to be by renewing your mind through prayer, by changing the pattern of your thinking. By determining to think happy, harmonious, peaceful, loving thoughts you make a start in the right direction.

However, when you have to say no to the thoughts and impulses that cause you to be critical, faultfinding, and difficult to get along with they do not always obey you. The negative thoughts sometimes seem to challenge your authority to cast them out. But remember that the Christ in you has power and authority. As you affirm the presence of the Christ, it will become increasingly easy to direct your thinking into positive channels. Your mind will be renewed and your life will be blessed.

• *Our inward man is renewed day by day.*—II COR. 4:16.

# Sunday

AUGUST 31

I AM CENTERED AND POISED IN THE CHRIST MIND, AND NOTHING SHALL DISTURB THE CALM PEACE OF MY SOUL.

THE AFFIRMATION for today has been used for many years by Silent Unity. Thousands of persons have repeated it and have found it calming and strengthening.

If little things seem to annoy you, if you become emotionally upset easily, hold to the thought, "I am centered and poised in the Christ Mind, and nothing shall disturb the calm peace of my soul."

Center yourself each day in the Christ Mind. This requires training, practice, and prayer, but every effort made in the right direction brings such satisfying results that you feel richly rewarded.

As you practice being poised and calm and centered in Christ, you will be able to meet any demands that may be made upon your time and patience with a loving spirit and a peaceful heart.

No matter what may arise say to yourself, "I am centered and poised in the Christ Mind."

✿ *Casting all your anxiety upon him, because he careth for you.—I PET. 5:7.*

## This Month IN UNITY



The September issue of *You*, Unity's magazine for teen-agers, will introduce a new serial by Alma Robison Higbee. The story is entitled "The Conroys" and it deals with the problems of young people as seen against a background of wholesome family life. If you have teen-agers in your family, they are sure to like the Conroy family, their dog Betsy, and their twin kittens that are whimsically named Sears and Roebuck. The September issue of *You* will also contain pictures of the Conroys and their pets, so if you plan to give some boy or girl a subscription to *You*, have it start with the September number.



If there are quite a few candles on your birthday cake this year, you will get a real lift from Myrtle Shay's latest article, which is entitled "Too Old for What?" It is the personal story of one elderly woman who changed her life by ceasing to say, "I'm too old to be of any use" and affirming, "I'm young enough to bestow love freely and do well the



work God has for me." This article will be in the August 24 issue of *Weekly Unity*; be sure to read it. And remember, no one is old, even though some of us have been young longer than others.



Two Retreats are to be held at Unity Farm during the autumn. The first is the Fall Retreat, which is scheduled for September 14 to 20. The second, the Harvest Retreat, will be held from October 12 to 18. The Retreats offer an opportunity for those interested in Unity to spend six days of instruction and prayer amid the peaceful autumn beauty of Unity Farm.



Unity will be happy to send you on request a program for either of the Retreats you are interested in attending, the Fall Retreat from September 14 to 20, or the Harvest Retreat from October 12 to 18. Letters should

be addressed to the Registrar, Unity Retreat, Lee's Summit, Missouri.

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**To write,** address Unity at Lee's Summit, Missouri.

**To telephone long-distance or to telegraph,** give Unity's address as Kansas City, Missouri (where 24-hour service direct to Unity headquarters is maintained). Telephone number: BAaltimore 4720.

# DIRECTORY OF UNITY BOOKS

<i>For Beginners</i>	Beginning Again	\$1.00
	Favorite Unity Radio Talks	1.00
	God a Present Help	1.00
	God Is the Answer	Dutch \$1; English 1.00
	Great Physician, The	1.00
	How I Used Truth	German \$1; English 1.00
	Lessons in Truth	Italian, 1.00
	English, French, German, Russian, Spanish, Dutch	1.00
	Letters of Myrtle Fillmore	1.00
	Lovingly in the Hands of the Father	1.00
<i>For Healing</i>	More Wonderful You, A	1.00
	New Ways to Solve Old Problems	1.00
	Whatever Ye Shall Ask	1.00
	Christian Healing	English, German 1.00
	Divine Remedies	1.00
<i>For the Home</i>	Jesus Christ Heals	1.00
	Truth Ideas of an M. D.	1.00
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	You and Your Child	English, French 1.00
	As You Tithe so You Prosper	.50
<i>For Prosperity</i>	Both Riches and Honor	French \$1; English 1.00
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	Working with God	1.00
<i>For Inspiration</i>	Best-Loved Unity Poems	1.00
	Have We Lived Before?	1.00
	Household of Faith, The	5.00
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	Prayer Changes Things	1.00
<i>For Devotion</i>	Sunlit Way, The	1.00
	Bible, American Standard Edition	6.50
	Book of Silent Prayer	.50
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	Silence, The	.50
<i>For Advanced Study</i>	Atom-Smashing Power of Mind	1.00
	Christ Enthroned in Man	1.00
	Know Thyself	1.00
	Metaphysical Bible Dictionary	5.00
	Mysteries of Genesis	1.00
	Mysteries of John	1.00
	Selected Studies	1.00
	Talks on Truth	1.00
	Teach Us to Pray	English, French 1.00
	Twelve Powers of Man, The	1.00
<i>For Children</i>	What Are You?	1.00
	Crybaby Kangaroo (for ages 4 to 8)	1.00
	Jet's Adventures (for ages 8 to 12)	1.00
	Jet and the New Country (for ages 8 to 12)	1.00
	Teach Me to Pray (for ages 7 to 11)	1.25

## THERE'S ONE FOR YOU, TOO!

There is a Unity Card that is exactly right for you, that will give you courage and comfort when you need them most. For instance:

For a housewife—*Blessed Home; Beatitudes for a Housewife; Lord, Bless This House.*

For a traveler—*God Bless This Automobile; Airplane Blessing.*

For a student: *This Is the Year; A Student's Prayer.*

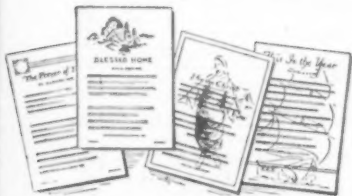
For the bereaved: *I Am Content.*

For those who need help in learning to pray effectively: *I Am the Word; Metaphysical Gadgets; The Sevenfold Affirmation; True Statements.*

For anyone: *Morning Prayer; The Prayer of Faith; The Lord's Prayer; The Answer; This Is Friendship.*

Unity Cards are priced at 2¢ each, 20¢ a dozen, or \$1.40 a hundred. Besides those listed above, there are 20

more inspiring and attractive cards. If you would like a complete list of all the Unity Cards so that you will have an even wider selection from which to make your choices, Unity will send you a list free on request.



UNITY SCHOOL OF CHRISTIANITY  
Lee's Summit, Missouri



## FOUND—A NEW LIFE

"About four years ago my little daughter picked up a copy of *Unity* on the bus and brought it home. Little did I realize that from that time on my life was to be changed.

"I came from a minister's family and was always active in church work. I thought I had faith but now I know it was not the real peace-of-mind faith that everyone needs. I am an energetic, nervous person, and I suppose I was using a lot of unnecessary energy. At the time I read this copy of *Unity* I was suffering from complete nervous exhaustion.

"Well, I read *Unity*, became a subscriber, and later we began to tithe. My husband lost one job, but within a week he had found another—the one he had been educated for and had dreamed of. We moved into a larger house. My brother who was an alcoholic straightened out his life and saved his home. This fall my daughter started college and my husband immediately received an unexpected raise which just covers her expenses.

"My health is better than it has been in years for I have learned to live one moment at a time and to do calmly the tasks that frustrated me before. We have a peace of mind in our home that helps us all do our best today and trust in God to take care of tomorrow.

"All this—because my little girl picked up *Unity* on a bus!"

*Unity* magazine, \$1 a year.



UNITY SCHOOL OF CHRISTIANITY  
Lee's Summit, Missouri

*"Prayer is not conquering God's reluctance, but taking hold of God's willingness."*—Phillips Brooks

Never hesitate to ask God for anything that you need. His will for you is the greatest possible good, and if you ask for and expect His help in every situation He will respond with more abundance than you could even imagine. He has promised it: "Prove me now herewith, saith Jehovah of hosts, if I will not open you the windows of heaven and pour you out a blessing, that there shall not be room enough to receive it."

The Prosperity Bank plan will help you learn how to take hold of God's willingness. Each day, as you bless a coin and drop it into the Bank, you will learn to depend less on external things and more on God. At the end of seven weeks there will be new abundance in your life. You may use the money you save to share DAILY WORD with your friends.

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Unity School of Christianity, Lee's Summit, Missouri

Please send me a Prosperity Bank and ask Silent Unity to pray with me for a successful demonstration. I will use the drill seven weeks and save \$3 for the three DAILY WORD subscriptions (one year each) listed below:

1. Name \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

2. Name \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

3. Name \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

SENDER'S NAME \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

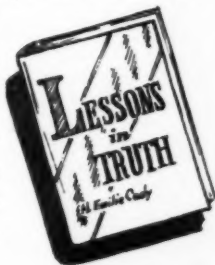
Please indicate postal zone number, if cities are so divided. 8-2-32

## CAN YOU ANSWER THESE FIVE QUESTIONS?

1. Who and what is God?
2. What did Jesus mean by "Deny yourself"?
3. What is the one key to all power?
4. Can people of today really possess the spiritual gift of healing or prophecy?
5. What one fact about religious worship could erase intolerance?

If you would like to know the answers to these questions and many more you may have in your own mind, join with Unity students all over the world in observing *Lessons in Truth* week. During the seven days from September 8 to September 14, read the book *Lessons in Truth* and the study guide that accompanies it. You will gain knowledge that will enable you to face the future with new vision, new understanding, and new confidence.

Order your copy of *Lessons in Truth* today. The book is priced at only \$1, and with it you will receive free of charge the "Lessons in Truth Study Guide."



UNITY SCHOOL OF CHRISTIANITY

Lee's Summit, Missouri

## *The Heart's Garden*

KATHERINE MERRILL

The heart is a garden  
Where thought flowers grow;  
The thoughts that we think  
Are seeds that we sow.

Every kind, loving thought  
Bears a kind, loving deed;  
While a thought that is selfish  
Is just like a weed.

We must watch what we think,  
Each minute, all day;  
And pull out the weed thoughts  
And throw them away;

And plant loving seed thoughts  
So thick in a row  
That there will not be room  
For weed thoughts to grow.



AUGUST 1952

